EP008

MENTAL HEALTH PIT STOP: CHECK IN FOR A CHECK UP

A Conceptual Mental Health Intervention



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Introduction

Mental health help-seeking in schools, universities and workplaces is often delayed by stigma, privacy concerns, and limited access to timely support. An on-site “kiosk” format may normalise use while offering immediate support in everyday settings.

Our objective is to create and deploy an AI-powered mental health pit stop booth designed for placement in accessible settings (e.g. School libraries, and workplace common areas).

Method

Concept description

The concept specifies a dedicated private space with a self-check-in style interface and a programmed multilingual AI conversational agent delivering brief emotional support, screening, and signposting. To reduce stigma and broaden use, the booth also includes wellbeing-focused features. Users who choose to reach out can use a discreet referral pathway, which prompts completion of a brief screening form that is securely transmitted to a designated receiving service for the setting (e.g., a school counselling email).

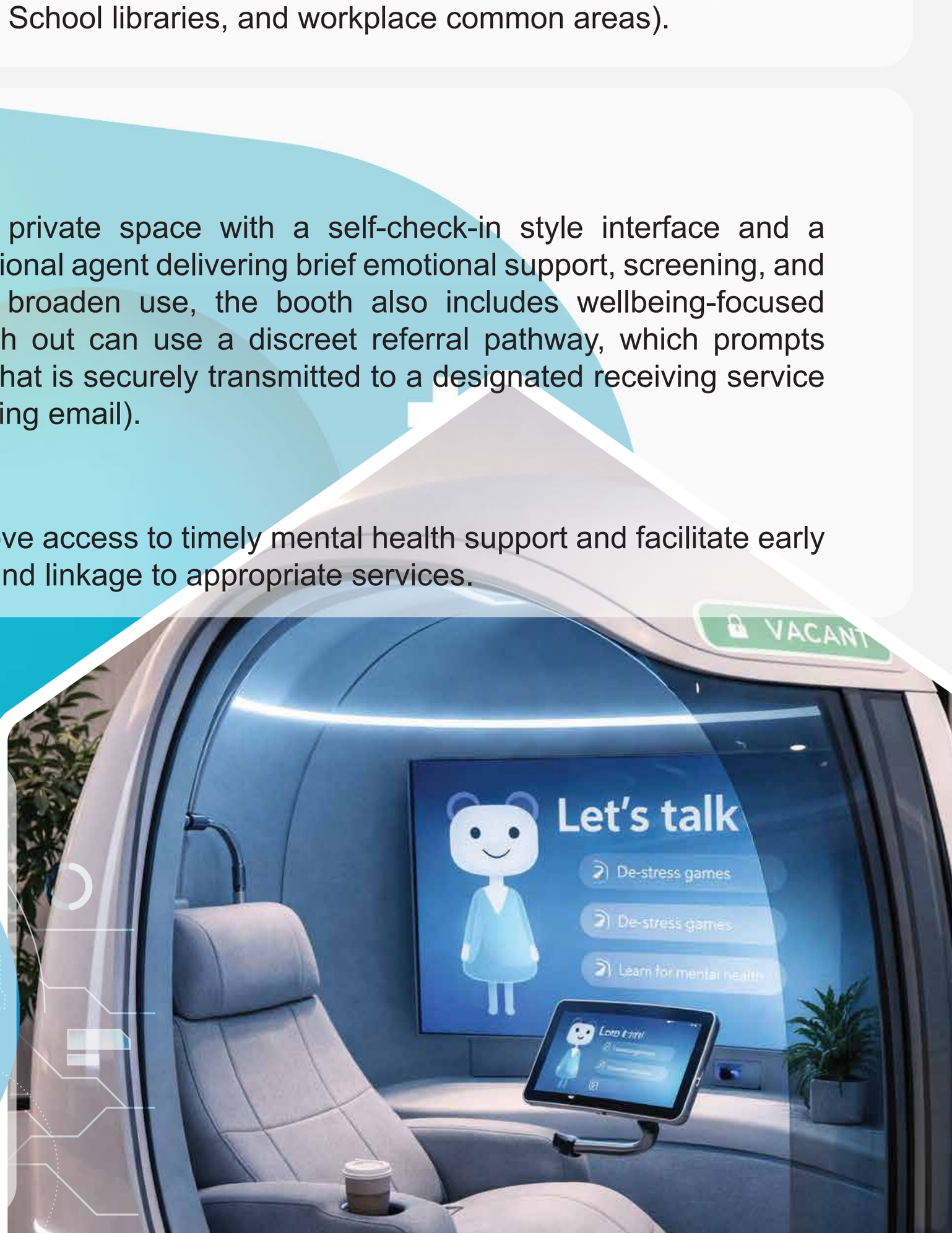
Expected Outcome

This innovation is anticipated to improve access to timely mental health support and facilitate early detection of psychological problems and linkage to appropriate services.

The Aim

(1) To provide immediate, mental health support through an AI conversational agent.

(2) To promote user engagement by integrating age-appropriate wellbeing tools, such as meditative music, and gamified activities for stress regulation.



Conclusion

A mental health ‘pit stop’ booth is a potentially scalable, non-stigmatising approach that could improve access to therapeutic conversations and reduce the stigma surrounding mental health. To progress from concept to implementation, next steps include prototyping and feasibility piloting to assess real-world uptake.

Keywords: Mental health, AI-powered technology